

VALUABLE RESOURCES RELATED TO COVID-19

COVID-19 HOTLINE

Call the COVID-19 Hotline at (804) 205-3501.
Se habla español.

Valuable Resources in Richmond City and Henrico County

I'M WORRIED I HAVE CORONAVIRUS

- Call (804) 205-3501 with public health questions.
- Call (804) 783-2505 to ask about medical help if you are uninsured or homeless.

I NEED FOOD

RICHMOND

- Text "food" to 877-877 to see food distribution sites for Richmond Public Schools families.
- Call (804) 521-2500, ext. 631 to find your local food bank.
- Call 1 (855) 635-4370 to see if you're eligible for emergency SNAP benefits.

HENRICO

- Henrico County Public Schools has established 14 sites where students can pick up free "grab and go" breakfasts and lunches during the school division's closure for coronavirus.

Visit henricoschools.us/covid19 for more information on times and locations.

- Call (804) 521-2500, ext. 631 to find your local food bank.
- Call 1-855-635-4370 to see if you're eligible for emergency SNAP benefits.
- WIC services remain available. To receive direction on how to proceed with your appointment or to schedule an appointment, please call:

Shrader Rd WIC: (804) 501-1610

East End WIC: (804) 652-3180

Both WIC offices will provide services remotely via telephone. WIC is not requiring physical presence for WIC certifications and subsequent certifications.

I LOST SOME OR ALL OF MY INCOME

- Call 1 (866) 832-2363 to apply for unemployment benefits.
- Call (804) 646-6464 to get matched with a career counselor and to ask about the Family Crisis Fund.

I AM A SENIOR WHO NEEDS HELP

- Call (804) 343-3000 to sign up for check-ins.

RICHMOND

- Call (804) 673-5035 to see if you can participate in Meals on Wheels.

HENRICO

- Call (804) 343-3027 to see if you can participate in Meals on Wheels.

I NEED A PLACE TO STAY

- Call (804) 972-0813 if you are homeless or within three days of losing your home.

I NEED SUPPLIES FOR MY BABY/CHILD

Your local WIC office can order you formula or provide food benefits.

Locations available:

- Southside: (804) 205-9816
- Richmond City Health District: (804) 482-5446
- Henrico Health District: (804) 652-3180
- Community Hospital: (804) 786-3201
- Free diapers: (833) 782-2229, ext. 801

You may be eligible for WIC benefits if you are pregnant, breastfeeding, or postpartum. Call your local WIC office or 1-888-942-3663 for more information.

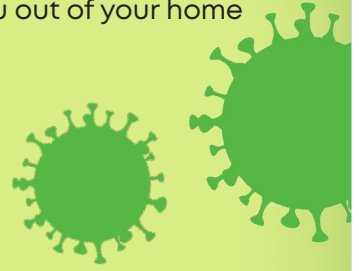
I NEED HELP STAYING IN MY HOME

Evictions will not be executed in Virginia through April 26, according to the court system. The Sheriff of Richmond is also not executing evictions that were ordered before the freeze went into effect. Therefore, you will not be evicted for not paying your rent. Your landlord cannot legally force you out of your home without an eviction. If your landlord is threatening to do so, please call:

- 1- 866-LEGL-AID (1-866-534-5243) for legal help.
- Eviction Helpline at 1-833-NOEVICT (1-833-663-8428).

SOMEONE IS MAKING ME FEEL UNSAFE IN MY HOME

- Call 911. This is an emergency, even if you know them well.
- Call (804) 612-6126 for the YWCA's helpline for violence in the home.
- Call the Greater Richmond Regional Hotline for Sexual and Domestic Violence at (804) 612-6126.
- Text (804) 793-9999 for confidential support.



If you have symptoms, are sick, or have had close contact with someone who is:

- **Stay home for 14 days** since you last interacted with an ill individual. Avoid contact with others, do not share personal items, and use a separate bedroom and bathroom if possible.
- **Monitor your health.** Take your temperature with a thermometer two times a day and watch for fever or cough. Seek medical attention immediately if you develop trouble breathing, pain or pressure in the chest, confusion, or bluish lips or face.
- **Older adults and those with underlying medical conditions** may be at higher risk for more serious complications and should seek medical attention before symptoms become severe. Call ahead before visiting your provider or an urgent care facility.
- **Wear a facemask, bandana or scarf** that covers your nose and mouth when around other people and keep your distance from others (at least 6 feet).
- **Cover coughs and sneezes** with a tissue or the inside of your elbow.
- **Wash your hands** often with soap and warm water for at least 20 seconds. Clean and disinfect high touch surfaces every day.
- **Do not leave home** until fever-free for 72 hours (without the help of medication) AND at least 7 days have passed since symptoms first appeared.
- **Inform close contacts.** Talk to everyone who has been within 6 feet for more than a few minutes while you were sick, including the 48 hours BEFORE you developed symptoms.

FOR MORE RESOURCES VISIT:

- www.RCHD.com
- www.henrico.us/health/
- www.RVAStrong.org
- www.help1rva.org
- *Call 311 for services & benefits questions.*

